

Claims

- [c1] OLE_LINK11. An ocular light treatment device comprising: an outer housing including a opening; a light emitting assembly in the housing and operable to emit light through the opening in the housing, the light emitting assembly including a plurality of LEDs capable of generating less than 2,500 lux at 12 inches.
- [c2] 2. The ocular light treatment device of claim 1 wherein the light emitting assembly is selected to emit light including at least one peak in the 400 to 600 nm range of the spectrum.
- [c3] 3. The ocular light treatment device of claim 2 wherein the emitted light includes a range of wavelengths such that the emitted light appears white.
- [c4] 4. The ocular light treatment device of claim 2 wherein the at least one peak includes an energy greater than or equal to 0.025 watts/m^2 .
- [c5] 5. The ocular light treatment device of claim 1 wherein the light emitting assembly is selected to emit light including at least one peak between about 420 nm and 505 nm.

- [c6] 6.The ocular light treatment device of claim 5 wherein the at least one peak includes an energy greater than or equal to 0.025 watts/m^2 .
- [c7] 7.The ocular light treatment device of claim 1 wherein the light emitting assembly is selected to emit light wherein of the total light energy emitted at least 25% thereof is of the wavelengths 446 to 477 nm.
- [c8] 8.The ocular light treatment device of claim 7 wherein of the total light energy emitted 25 to 40% thereof is in the wavelengths 446 to 477 nm.
- [c9] 9.The ocular light treatment device of claim 1 wherein the light emitting assembly is selected to emit light including at least one peak between about 505 nm to 600 nm.
- [c10] 10.The ocular light treatment device of claim 9 wherein the at least one peak includes an energy greater than or equal to 0.025 watts/m^2 .
- [c11] 11.The ocular light treatment device of claim 1 wherein the light emitting assembly includes a screen selected to filter the emitted light such that the emitted light includes at least one peak in the 400 to 600 nm range of the spectrum.

- [c12] 12.The ocular light treatment device of claim 1 wherein the LEDs are capable of emitting light peaked in the 400 to 600 nm range of the spectrum.
- [c13] 13.The ocular light treatment device of claim 12 wherein the LEDs are white light emitting.
- [c14] 14.The ocular light treatment device of claim 1 wherein the light emitting assembly is selected to emit light in a beam that has a width increasing with distance from the device.
- [c15] 15.The ocular light treatment device of claim 14 wherein light is emitted from the device at an angle of about 10° to 30° from an axis oriented orthogonally through a plane defined by the opening.
- [c16] 16.The ocular light treatment device of claim 1 further comprising a support base to support the device on a support surface spaced from a user.
- [c17] 17.The ocular light treatment device of claim 16 wherein the support base is detachable from the housing.
- [c18] 18.The ocular light treatment device of claim 16 wherein the support base is connected to the housing.
- [c19] 19.The ocular light treatment device of claim 16 wherein

the support base is integral to the housing.

- [c20] 20. A method for ocular light treatment comprising: providing a device including (i) an outer housing, and (ii) a light emitting assembly in the housing and operable to emit light from the device, the light emitting assembly including a plurality of LEDs capable of generating less than 2,500 lux at 12 inches; setting the device at least 12 inches from a patient; and operating the device to emit light toward and shining into the patient's eyes.
- [c21] 21. The method for ocular light treatment of claim 20 wherein the emitted light includes at least one peak in the 400 to 600 nm range of the spectrum.
- [c22] 22. The method for ocular light treatment of claim 21 wherein the emitted light includes a range of wavelengths such that the emitted light appears white.
- [c23] 23. The method for ocular light treatment of claim 21 wherein the at least one peak includes an energy greater than or equal to 0.025 watts/m^2 .
- [c24] 24. The method for ocular light treatment of claim 20 wherein the emitted light includes at least one peak between about 420 nm and 505 nm.
- [c25] 25. The method for ocular light treatment of claim 24

wherein the at least one peak includes an energy greater than or equal to 0.025 watts/m^2 .

- [c26] 26.The method for ocular light treatment of claim 20 wherein of the total light energy emitted at least 25% thereof is of the wavelengths 446 to 477 nm.
- [c27] 27.The method for ocular light treatment of claim 26 wherein of the total light energy emitted 25 to 40% thereof is in the wavelengths 446 to 477 nm.
- [c28] 28.The method for ocular light treatment of claim 20 wherein the emitted light is selected to emit light including at least one peak between about 505 nm to 600 nm.
- [c29] 29.The method for ocular light treatment of claim 28 wherein the at least one peak includes an energy greater than or equal to 0.025 watts/m^2 .
- [c30] 30.The method for ocular light treatment of claim 20 wherein the light emitting assembly is selected to emit light in a beam that has a width increasing with distance from the device.
- [c31] 31.The method for ocular light treatment of claim 20 wherein in the step of operating the device to emit light toward and shining into the patient's eyes, the light impinging on the patient is in a beam of about 30 to 50

inches horizontal width.

- [c32] 32.The method for ocular light treatment of claim 20 wherein the emitted light is directed upwardly toward the patient's eyes.
- [c33] 33.The method for ocular light treatment of claim 20 wherein the device is set on a support surface.
- [c34] 34.The method for ocular light treatment of claim 33 wherein the support surface is spaced at least 12 inches from the patient.
- [c35] 35.The method for ocular light treatment of claim 32 wherein the support surface is a fitness machine.